

If you have been raped

Get safe.

■ Call 911 if you are hurt or in danger. Call a friend, family member or rape crisis center to help you.

Get medical attention.

■ Do not shower or clean yourself before going to a hospital or clinic or school health center. Instead, seek medical attention to be examined.

Report the attack.

■ Report the attack to law enforcement, university or college officials regardless of whether you plan to file charges.

Consider filing charges.

■ Consider whether you want to file charges with the police or campus authorities if the rapist is a student. Ask a victim advocate from law enforcement, the state attorney's office, university or local rape crisis center for help.

Get help and support, such as counseling.

■ Call a rape or crisis hotline and seek crisis-intervention counseling or therapy. Free individual and group counseling is available in most areas.

Helping a friend

Be supportive.

■ Your friend needs someone to listen to fears, thoughts, and feelings. Rape victims commonly fear that they will not be believed or they will be blamed. Don't be judgmental.

Encourage action.

■ The number on the back of this pamphlet will connect your friend with a rape crisis center in your area. Encourage your friend to contact them for information and support.

Be reassuring.

■ Assure your friend that the rape was not their fault.

No one deserves to be raped, no matter how it happened.

Alcohol & Club Drugs

For information about sexual violence & your nearest rape crisis center, contact:
1-888-956-RAPE (7273)
www.fcasv.org

RAPE
talk about it
PREVENT IT

Trust your instincts.

Avoid people who ignore your feelings or act intimidating.

Let a roommate or friend know where you'll be going.

Know how to get help.

Always go out with a group of friends & watch out for each other.

Be aware of your surroundings.

Only accept a drink from people you know.

■ Should find out about the person who asked you out.

Talk about the reality of sexual assault with your friends.

Identify your limits and clearly state them.

Trust your instincts.

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Talk about it.

Florida Department of Health
**Sexual
Violence
Prevention
Program**

<http://www.doh.state.fl.us/Family/svpp/index.html>

Drug Facilitated Rape

Rohypnol

- Rohypnol is a potent tranquilizer that produces a sedative effect, amnesia, muscle relaxation, and slowing of psychomotor response.
- It takes effect about 10–20 minutes after ingestion.
- It is odorless and tasteless. Sometimes it bubbles when it dissolves and discolors drinks.
- Rohypnol can last 2–8 hours, but when added to alcohol, its effects are increased and can last 8–24 hours.
- Other names: Roofies, Rope, Ruffies, RZ, Ruffies, Roche.

Gamma Hydroxy Butyrate (GHB)

- GHB is an odorless, colorless, liquid or powder.
- GHB takes effect 10–15 minutes after ingestion and lasts 2–3 hours, but can last 20–30 hours with alcohol.
- Large doses can cause sleep within 5–10 minutes.
- Other names: Liquid Ecstasy, Liquid X, Scoop, Easy Lay.

Ketamine Hydrochloride

- Ketamine is a powerful anesthetic that is used as an animal tranquilizer.
- It is produced in liquid, powder, or pill form.
- Ketamine can take effect immediately and last for up to 12 hours.
- Ketamine is a psychedelic that causes paralysis, hallucinations, amnesia, and dissociation (a feeling where the mind seems separate from the body).
- Other names: K, Special K, Vitamin K, Ket.

Ecstasy

- It is produced in pill and capsule form. The pills are commonly imprinted with images to distinguish the brands.
- The effects of Ecstasy usually last 4–6 hours.
- Other names: Adam, XTC, bean, E, M, roll.

Alcohol

- Alcohol and drug use are the number one factors that contribute to acquaintance rape.
- Alcohol consumption may place a person at increased risk for rape or sexual assault.

Myths & Facts

MYTH: You will know if someone puts GHB in your drink.

FACT: GHB is odorless and colorless. It blends immediately when added to liquids and is virtually undetectable.

MYTH: Alcohol and drug use cannot be directly linked to sexual violence.

FACT: 85% of reported rapes involve alcohol/drug use and 90% of campus rapes involve alcohol.

MYTH: Ketamine will not kill you, no matter how much you take.

FACT: Ketamine is an animal tranquilizer and can kill a human being if 1 gram or more is ingested.

MYTH: Alcohol is rarely used as a date rape drug.

FACT: Alcohol is the most commonly used date rape drug.

MYTH: GHB is a safe recreational drug.

FACT: When mixed with alcohol, GHB can cause coma or death.

MYTH: Rohypnol and Valium are essentially the same drug.

FACT: Rohypnol is 10 times more powerful than Valium.

MYTH: There are no negative long-term effects from using Ecstasy.

FACT: Long-term use of Ecstasy can damage the neurons that transmit serotonin in the brain, causing depression and memory problems.

MYTH: Ketamine is a legal drug.

FACT: The only legal use is as an animal tranquilizer.

MYTH: Ecstasy can only make you happy.

FACT: Ecstasy can cause psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia during and after taking the drug.

MYTH: There are no negative effects from using Rohypnol.

FACT: Rohypnol can cause decreased blood pressure, memory impairment (amnesia), drowsiness, visual disturbances, dizziness, confusion, gastrointestinal disturbances, urinary retention, and excitability or aggressive behavior.

Rape: Know the Facts

- Somewhere in the US, a woman is raped or sexually assaulted **every 2 minutes**.
- 1 out of 3 rapes occur during **daylight hours**.
- 2 out of 3 rapes occur **after 6:00 p.m. in living quarters** such as homes, apartments, or dormitories.
- 8 out of 10 rape or sexual assault survivors **knew their attacker**.
- **Alcohol** is the most common substance used in drug-assisted rapes.
- Rape happens to men—**9% of rape survivors are male**.
- **1 out of 6 boys** will be sexually assaulted by age 16.
- **90% of campus rapes involve alcohol**.

